

Seniors

Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

Registration Dates

M – MEMBERS may register as of **Tuesday, Aug. 14**. Members receive a significant discount on program fees and rentals, are eligible to join the Fitness Club, receive a monthly newsletter of events mailed to their homes and are eligible for discount on classes in the Adults section of the Recreation Guide.

R – RESIDENTS age 60 and older who live in Rockville but are not members of the Center may begin registering for programs on **Tuesday, Aug. 21**. Residents receive a discounted fee for programs.

NR – NON-RESIDENTS/NON-MEMBERS age 60 and older who live outside the City of Rockville limits, and who are not Senior Center members, may begin registering for programs **Tuesday, Aug. 28**. Non-residents/Non-members pay the full price for programs offered at the Center.

Aging Information, Services and Support

The community may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816. For Spanish, call 240-314-8817. For Chinese, call 240-314-8818.

Rockville Senior Center

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, aged 60 and older.

Hours for Senior Use: Mon.– Fri., 8:30 am – 5 pm
and Sat., 8:30 am – 1 pm

Membership Fees: Rockville Residents \$25/yr.
Non-Rockville Residents \$125/yr.
(\$65 spouse)

Fitness Club Membership Fees: \$30/yr.
(must be a Senior Center Member)

For more information, call the Center office at:
240-314-8800.

For directions 240-314-5019.

For bus transportation and lunch reservations:
240-314-8810.

Suburban Hospital Heartwell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Washingtonian Center: 9/12

Westfield Wheaton Mall: 10/9


Lakeforest Mall: 11/13

Westfield Montgomery Mall: 12/11

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

- Discounts do not apply to the activities appearing in the senior section.
- Discounts do not apply to trips.
- For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
- For more information, call 240-314-8800.
- Discounts are not available on  **rock enroll**

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.02-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center memberships are available. Must meet age and income guidelines. If you would like to donate to this valuable program, send a check made payable to the City of Rockville Senior Assistance Fund and mail it to the Rockville Senior Center, 1150 Carnation Drive, Rockville MD 20850. Online donations accepted through Rock Enroll. Register in course # 21964 through #21967.

Meal Program 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.83. Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations. Cost: \$7.00.

Seniors

Arts & Enrichment

Harvest Ball

Celebrate the beautiful Maryland seasonal changes by joining us for our Second Annual Harvest Ball. The John Brown Band will be our guest performer and light catered refreshments round out the event. If you need bus transportation please call the Senior Services Transportation Office at 240-314-8810 by 10/10. Deadline for registering for the Ball 10/10.

22633 Th Oct 25 7 pm-9 pm \$12/\$15/\$19
Location: Carnation Room

American Presidency & Electronic Media

Addresses the changes that electronic media have brought to the presidency and the electoral process since Franklin Roosevelt. Emphasis on the televised press conference, presidential debates and how the primary process enhances the role of the media in designating 'winners' and 'losers.' Presented by Dean Paula Matuskey of the Montgomery College Speakers Bureau.

22941 W Sep 19 10:30 am-11:30 am Free/Free/\$2
Location: Azalea Room

Antique Street Show

A professional appraiser from Weschler's will come to our 'street' and discuss items brought in by pre-selected participants with regard to the history and value of the collectable. If you have an item to be considered for selection, call 240-314-8820, by 9/21 a staff member will return your call. The appraiser will have a microphone so all can learn and hear about an interesting and varied number of items. Light refreshments and door prizes will be included.

22953 Th Oct 11 1 pm-3 pm \$3/\$4/\$5
Location: Azalea Room/Beck

Holiday Bazaar

Rockville Senior Center

9 a.m. - 2 p.m.

Saturday, December 1

- Homemade Craft Show
- Raffle and Door Prizes
- Indoor Yard Sale
- Homemade Food
- Senior Center
- Bake Sale
- Gift Shop & Thrift Shop
- Plant Sale

Buy your Holiday presents early!

Birthday and Anniversary Parties

Birthdays are always special! Celebrate at the Center with great entertainment and light refreshments. Mark your calendar for this special afternoon of socialization and festivities.

September Birthday and Anniversary Party

Sponsored By: Ted Task
Entertainment By: Jim Forero, The Entertainer
22625 W Sep 5 1:30 pm-3 pm Free/Free/\$2

October Birthday and Anniversary Party

Sponsored By: Annie and Lewis Rhodes, Jean Ratti
Entertainment By: Carlton Jackson
22627 W Oct 3 1:30 pm-3 pm Free/Free/\$2

November Birthday and Anniversary Party

Sponsored By: Suburban Federal Savings Bank
Entertainment By: Good Queen Bess
22626 W Nov 7 1:30 pm-3 pm Free/Free/\$2

December Birthday and Anniversary Party

Sponsored By: Triple F Club
Entertainment By: Dale Jarrett Trio
22628 W Dec 5 1:30 pm-3 pm Free/Free/\$2
Location: Carnation Room

Book Club

Do you like enjoyable chats and discussions about books? This exciting informal group of readers meets once a month to discuss books voted upon by the group to be read by all. At the meetings a leader presents discussion questions and moderates members response.

22623 Th Sep 27-Nov 29 10:30 am-11:30 am Free/Free/\$3
Location: Azalea Room/Beck

Carnation Players Casting Call

The Carnation Players have issued a casting call for the upcoming season. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you! The Players cannot guarantee fame and fortune but can assure you lots of fun. Help us prepare for two major holiday performances.

22624 Tu Sep 11-Nov 20 3 pm-4 pm Free
Location: Carnation Room/Beck

Seniors

Chinese Group Piano Lessons

Lessons offered in Chinese at the beginner level. Students will learn the fundamentals of music, note reading, rhythm, theory and basic techniques of piano playing. Pianos are available for each lesson and for practice by checking with the Center office. Material fee of \$17 payable to instructor at first class for music book.

22635 Th Sep 27-Nov 1 1 pm-2 pm \$50/\$62/\$77
Location: Board Room

Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us.

23019 F Sep 21-Nov 30 10 am-11:30 am \$12/\$15/\$18
Location: Board Room

Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, sign-up for this class. Instruction in English, communication and preparation for the I.N.S. Naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

22993 M & W Sep 10-Nov 14 12:30 pm-2:30 pm \$15/\$20/\$25
Location: Arts and Crafts Room

Cooking - Light and Tasty ♥

Eating right never tasted so good and so easy. Enjoy making and sampling four meals with the latest in fat free, low calorie and light ingredients. Dishes include mushroom pepper steak with horseradish mashed potatoes, asparagus tart, simple chicken soup, turkey wrap, strawberry salad, Peking shrimp, and colorful coleslaw.

22726 Th Nov 1 10 am-12 pm \$22/\$28/\$35
Location: Arts and Crafts Room/Beck



Fee = Member/
Resident/Non-Resident

English Classes

For seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability.

No class 11/12, 11/21

Level I

23078 M & W Sep 10-Nov 28 10:15 am-11:15 am \$12/\$15/\$18

Level III

23079 M Sep 10-Nov 26 10 am-12 pm \$12/\$15/\$18

Level IV

23080 W Sep 19-Nov 28 10 am-12 pm \$12/\$15/\$18
Location: Azalea Room

Fall Into Friendship - Speed Dating

Back by popular demand! Expand your circle of friends using speed dating, the latest way to meet new people. Whether you are looking for a new friend or a new romance, come see what speed dating is all about. Join us on Halloween (costumes encouraged) for an afternoon of fun and rekindle the flames of friendship and romance!

23050 W Oct 31 1:30 pm-3 pm \$5/\$7/\$9
Location: Dining Room

Gold Mine History

We are so fortunate to live in Montgomery County with its rich history. Come welcome Walter Goetz from the Montgomery County Historical Society as he discusses our gold mine history. You may be surprised just how close you are to the riches!

22998 W Nov 14 10:30 am-11:30 am \$2/\$3/\$4
Location: Azalea Room

Candidates Forum at the Rockville Senior Center

Rockville Mayor and Council elections are held Tuesday, Nov. 6.

Hear how candidates stand on a variety of issues targeted at Seniors.

Thursday, October 25 • 1-3 pm

Seniors

Group Piano

Lessons offered at different levels teach the fundamentals of rhythm, theory and note reading of music. Pianos are available for each lesson, and for practice by checking with the Center office in advance.

Beginner

22730 M Sep 17-Nov 5 11 am-12 pm \$67/\$84/\$116

Intermediate I

22731 Tu Sep 18-Nov 6 11 am-12 pm \$67/\$84/\$116

Intermediate II

22732 M Sep 17-Nov 5 10 am-11 am \$67/\$84/\$116

Advanced Intermediate

22729 Tu Sep 18-Nov 6 10 am-11 am \$67/\$84/\$116

Location: Board Room/Butenhoff

How to Choose an Attorney

Most people don't have lawyers on retainer. Ordinarily, one must be found - sometimes hurriedly - when there is a problem to solve. What the attorney does may substantially affect your life and the lives of your family members well into the future. How, then, do you choose the attorney for you? Presented by Arameta Watson, Financial Services Rep. and Angela Rabatin, Attorney.

23084 Tu Oct 30 10 am-12 pm Free

Location: Azalea Room

Individual Legacy Writing

Have you thought about what you are really 'leaving' your family? Why not write down what is important to you and your family? Get started on writing your 'remembrances.'

23053 Tu Sep 25 & Oct 23 10:30 am-12 pm \$10/\$12/\$14

Location: Azalea Room

Rockville Senior Center Flu Clinics

Tuesday, October 16, 10 am – 1 pm

This clinic will be for Members only

Wednesday, November 14, 10 am – 12 pm

(\$32 for those without Medicare Part B Insurance)

Pneumonia Clinic

Thursday, October 18 10 am – 12 pm

(Free with Medicare Part B)

To register call 240-314-8810

Jefferson Cafe

Presented by Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

America and the Habit of More

23047 Th Sep 20 2 pm-3 pm Free/Free/\$2

The Two-sided American Dream

23048 Th Oct 18 2 pm-3 pm Free/Free/\$2

Reality TV in America

23049 Th Nov 15 2 pm-3 pm Free/Free/\$2

Location: Azalea Room

Jewelry Club

If you like wearing jewelry, this is the class for you. Participants will learn the basics from choosing material, using crimp beads and working with wire. Each month our instructor will bring samples of projects and you select the one you'd like to make for the following month. Projects will range in price from \$3 to \$15 and are in addition to the registration fee. At the first session learn to make a bracelet using your choice of beads. \$5 material fee for first class.

22634 Tu Oct 16-Dec 4 10 am-12:30 pm \$10/\$12/\$15

Location: Arts and Crafts Room/Weeks

Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

22734 M Sep 17-Nov 5 12:45 pm-2:45 pm \$8/\$10/\$12

Location: Board Room/Winovich

Seniors

Quilt Pattern Mosaics

What a terrific combination - quilt patterns and mosaics! You'll love turning an old favorite quilt pattern into a mosaic piece that can be used as a small table top or hung on the wall. If you can glue it, you can do it! You will learn to use tiles, stained glass, grout and glue to make this truly unique mosaic piece. Note: \$30 payable to instructor at class.

22996 Th Sep 6 10:30 am-1 pm \$5/\$7/\$9
Location: Ceramics Room

Real Estate Dollar for Dollar

Where can I buy a house for the same price as I could get for my current home? What would it cost to buy in, for example, Naples, FL., Seattle, WA, Asheville, NC or even in Hawaii? You might be surprised. Presented by Tom Hopper, Realtor.

22911 Th Sep 6 10 am-12 pm Free
Location: Azalea Room

ROMEO

What does ROMEO stands for? Retired Older Men Eating Out. Join the newest lunch bunch from the Senior Center! We'll meet at the Winston Billiard Cafe and you can purchase lunch on your own. This is just a casual get together to socialize and make new friends.

23051 Tu Oct 30 12 pm-1 pm Free/Free/\$3

Senior Citizens Chess Club

Join us for an introductory meeting to determine the interest level for forming a Chess Club at the Center. Bring your calendar and chess board and pieces to this initial meeting and play afterwards. Light refreshments will be served. Beginners welcome.

22956 Tu Oct 30 7 pm-10 pm Free/Free/\$2
Location: Azalea Room

Veteran's Benefits

The Maryland Department of Veteran's Affairs Program Director, Paul Prozialeck will come speak with us about updates, changes and resources available for both the federal and state levels. There will be time for questions during this informative session.

22952 Th Oct 11 10:30 am-11:30 am Free
Location: Azalea Room

Watercolor - Beginner/Continuing

Learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. Note: \$6 material fee for new students payable to the instructor at first class.

22629 Th Sep 20-Nov 8 1 pm-3 pm \$57/\$70/\$84
Location: Arts and Crafts Room/Ely

Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. Come enhance your skills in a comfortable and nurturing atmosphere.

22630 Th Sep 20-Nov 8 10 am-12 pm \$57/\$70/\$84
Location: Card Room/Ely

Writing an Ethical Will

A way to pass on to our families and other loved ones our most treasured part of life - the values we believe in and live by. Ethical Wills are the stories of our beliefs and understandings. Come to this workshop to begin thinking about how to write your own personal Ethical Will. The next generation of your family will cherish this most precious of gifts.

23045 Tu Nov 6 10 am-12 pm Free
Location: Azalea Room

Computers for Seniors

Before registering for classes we recommend visiting the Rockville Senior Center Computer Lab for course information and placement. Rockvillecomplab@hotmail.com

Clarify Computer Concepts (B)

Now that you have completed the basic introductory classes, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

22912 W Oct 3 10 am-12 pm \$5/\$7/\$10
22913 W Nov 7 10 am-12 pm \$5/\$7/\$10
22914 W Dec 5 10 am-12 pm \$5/\$7/\$10

Location: Computer Lab/Gross

Recommended Course Sequence for Beginners (B):

- Keyboard & Mouse • Word Processing
- More Word Processing
- Clarify Computer Concepts • Essentials
- Workshops for Beginners "B"



Practice Lab opens Fridays 9:30-11:30 am

Seniors

Computer Essentials (B)

Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts. Class meets three 2-hour sessions.

22971 Tu & Th Sep 25-Oct 2 10 am-12 pm \$27/\$33/\$39
Location: Computer Lab/Bender

Digital Photo - Beg. & Interm.

Use camera in auto mode and produce images. Emphasis on composition. Learn shooting close-up images, lighting techniques, using flash, and depth of field capabilities. Must be familiar with manual. Bring a digital camera. \$6 manual fee payable to instructor at class. Class meets six 2-hour sessions.

22970 M & W Sep 5-24 10 am-12 pm \$70/\$87/\$106
Location: Computer Lab/Bender

Drawing Using WORD & PAINT (B)

This class will introduce you to drawing features in MS Word and in the Windows Paint program. Elementary manipulation of pictures and text in documents will be presented.

23017 W Nov 28-Dec 5 1 pm-3 pm \$8/\$10/\$12
Location: Computer Lab/Martin

Games

Learn and play some new and unique computer games, all free and downloadable from the Internet.

22976 Tu Oct 23 1 pm-3 pm \$5/\$7/\$10
Location: Computer Lab/Bender

HELP and More (B)

Learn to use the HELP feature that comes with most Windows applications. HELP provides explicit, step by step instructions. Learn to use this feature and how to copy a HELP page directly onto your computer for easy reference.

23018 W Dec 12 1 pm-3 pm \$5/\$7/\$10
Location: Computer Lab/Martin

Recommended Intermediate & Advanced Courses:

- Windows XP
- Internet and Email
- MS Word
- Workshops for Intermediates "I"



Keyboard & Mouse (B)

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions that are essential for all future classes. This class includes a one-hour break for lunch.

22915 Tu Oct 9 10 am-2 pm Free/Free/\$3
22916 Tu Nov 6 10 am-2 pm Free/Free/\$3
22917 Tu Dec 4 10 am-2 pm Free/Free/\$3
Location: Computer Lab

Maintaining Your Computer (B&I)

Does your system run slowly? Is your desktop loaded with icons? Let us offer you some tips on adjusting and maintaining your system for better performance.

23025 M Dec 10 10 am-12 pm Free/Free/\$5
Location: Computer Lab/Hickman

Microsoft EXCEL (I)

Learn how to enter data, create a basic worksheet from worksheet data, and design, develop, format and manipulate spreadsheets with MS Excel. Prerequisite: Computer Essentials. Class meets three 2-hour sessions. Note: \$5 manual fee payable to instructor at class.

22957 M & W Nov 19-26 10 am-12 pm \$20/\$25/\$30
Location: Computer Lab/Hickman

Microsoft Word (I)

Using Microsoft Word effectively requires more than just typing. Have you struggled with the appearance of your text, not being able to line up text, collating a list or making your documents look professional? Come join us as we explore these and other features. Class meets three 2-hour sessions. Note: \$5 materials fee payable to instructor at class.

22918 M & W Oct 22-29 10 am-12 pm \$20/\$25/\$30
Location: Computer Lab/Hickman

More Word Processing (B)

Learn the details of the Navigation Bar including File, Edit, View, Insert, Format, Tools and Help. Learn what they are and how you can best use them.

23015 W-Th Sep 26-27 1 pm-3 pm \$5/\$7/\$10
Location: Computer Lab/Martin

B = Beginner, I = Intermediate/Advanced

Seniors

Personalize Your Computer (B)

Greetings, snazzy wallpaper, personal images, shortcuts, organized icons, toolbars, browser links... Organize your computer to meet your own personal needs. Note: \$5 materials fee due in computer lab 3 days prior to first class.

22975 Tu Oct 23 10 am-12 pm \$5/\$7/\$10
Location: Computer Lab/Bender

Right Click - Left Click (B)

Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both the left and right mouse buttons.

23013 W Oct 24 1 pm-3 pm \$5/\$7/\$10
Location: Computer Lab/Martin

Save/Find/Copy/Move Documents (B)

Do you have trouble finding your documents after you've saved them? Learn simple ways to create folders and locate your documents. Find out how to copy or move pictures or documents from one folder to another and how to make external back-ups.

23014 W Oct 31 1 pm-3 pm \$5/\$7/\$10
Location: Computer Lab/Martin

Scanners (B)

A scanner is a hard drive used to input text and / or images into the computer. Learn how to use the flatbed scanner that allows you to place a full piece of paper, book, magazine, photo or any other object onto the scanner and have the capability to scan the object.

23098 M Nov 5 10 am-11:30 am \$5/\$7/\$10
Location: Computer Lab

Use & Demo of Burners (I)

Convert your VHS tapes onto a CD. Burn and send documents and photos and make copies of CD's and DVD's for backup. Note: \$5 materials fee due in computer lab 3 days prior to class start.

22973 Tu Oct 2 1 pm-4 pm \$6/\$8/\$10
Location: Computer Lab/Bender

Using Toolbars in MS Word (B)

Find out how the numerous toolbars included in MS Word can assist you in word processing and creating and editing pictures.

23016 W Nov 14 1 pm-3 pm \$5/\$7/\$10
Location: Computer Lab/Martin

Windows XP (I)

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class. Class meets four 2-hour sessions.

22974 M & W Oct 8-17 10 am-12 pm \$38/\$47/\$56
Location: Computer Lab/Bender

Word Perfect (I)

Learn the advantages of Word Perfect. Create labels, letterhead, business cards, mail merge, posters and a few surprisers. Class meets two 2-hour sessions. Note: \$5 materials fee payable to instructor at class.

22977 M & W Nov 5-7 1 pm-3 pm \$20/\$25/\$30
Location: Computer Lab/Bender

Word Processing (B)

Students should be familiar with the keyboard and mouse. This class offers a hands-on introduction to word processing. Continued learning and practice takes place on Friday mornings from 10:30 a.m.- noon.

22919 Tu & Th Oct 16-18 10:30 am-12 pm \$5/\$7/\$10
22920 Tu & Th Nov 13-15 10:30 am-12 pm \$5/\$7/\$10
22921 Tu & Th Dec 11-13 10:30 am-12 pm \$5/\$7/\$10
Location: Computer Lab

Fitness & Wellness

Acupuncture for Seniors ♥

Acupuncture is affordable and effective at treating all sorts of illnesses and lessening symptoms such as pain without interfering with your current medications. According to the World Health Organization acupuncture is effective at treating over 40 different diseases. Plus it feels great - relaxing and energizing at the same time. Presented by Lisa Marie Price, Board Certified Acupuncturist.

22958 M Oct 15 1 pm-2:30 pm Free
Location: Azalea Room

B = Beginner, I = Intermediate/Advanced

Seniors

Afternoon Tone and Stretch ♥

Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will use exercise tubes, weights, Swiss balls and mats.

No class 11/12

22851 M & W Sep 17-Nov 19 1 pm-2 pm \$36/\$45/\$54

Location: Exercise Room/Cristiano

All Day Exercise ♥

Would you like to try a new exercise class to help spice up your fitness routine? Here is your chance to preview many of the classes that will be offered this Fall. We will offer several 30 minute classes throughout the day. Try as many different classes as you would like. A schedule will be posted of the classes that will be offered, so mark your calendars!

22928 Th Sep 6 10 am-3 pm Free

Location: Exercise Room/Klopfer



Annual Teddy Bear Walk ♥

Energize your heart and put joy in the hearts of children. Purchase a NEW teddy bear or other stuffed animal and bring it along as we walk from the Senior Center to Shady Grove Hospital (approx. 1 1/2 miles). After presenting the animals to the children, we will meet for a delicious complimentary lunch in the cafeteria and then walk back to the Center. (Van transportation available if needed.) Rain date: 10/12.

22852 Th Oct 11 9:45 am-12:30 pm Free

Location: Exercise Room/Klopfer



Arthritis Foundation's PACE ♥

People with Arthritis Can Exercise (PACE). Designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

22853 Tu Sep 18-Nov 13 1 pm-2 pm \$25/\$31/\$39

Location: Exercise Room/Cristiano

Fee = Member/Resident/Non-Resident

Ask the Doctor ♥

Do you wish you had more time to talk with your doctor? Do you leave office visits with unanswered or unexpressed questions? Do you feel uncertain about treatment plans or medication? Dr. Barbara Blaylock, a retired primary care physician and health care advocate, will discuss how to make the most of limited time and suggest ways to communicate more effectively with your doctor.

22991 Tu Sep 11 1 pm-2 pm Free

Location: Azalea Room

Avoiding Skin Cancer and Wrinkles ♥

Geeta Shah, Dermatologist, will discuss skin cancer and wrinkle prevention. Years of exposure to the sun can cause a variety of lesions and skin conditions. Learn how to recognize and treat them. Understand the importance of yearly skin checks and find out about products that contribute to good skin care.

23021 Th Nov 15 1 pm-2 pm Free

Location: Azalea Room

Balancing Sorrow & Celebration ♥

When we have suffered the loss of someone dear to us, it is very hard to face the holidays, let alone find ways to even enjoy the holidays. This workshop will help you to think through how to support and care for yourself during this time of year. We will help you to plan ahead so that you do what you want rather than what others want for you.

23046 Tu Dec 4 10 am-12 pm Free

Location: Azalea Room

Basic Weight Training - Beginners ♥

Designed to emphasize muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand held weights and exercise tubes.

22855 Tu Sep 11 2 pm-3 pm \$6/\$8/\$9

Location: Exercise Room/Klopfer

Chair Cardio - Mini Session ♥

Try this class and stay active during the holiday season. Get your heart pumping while listening to great music. Stay seated throughout the entire class while getting a great aerobic workout.

22858 M & W Dec 10-19 11 am-12 pm \$8/\$10/\$12

Location: Exercise Room/Witte

Seniors

Chair Cardio - Strength ♥

Try this cardio class and get your heart pumping while listening to great music. Stay seated throughout the entire class while getting an aerobic workout. Also includes strength training exercises and stretching.

22927 F Sep 21-Nov 16 11 am-12 pm \$21/\$25/\$31
Location: Exercise Room/Witte

Chair Exercise ♥

Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music.

No Class 11/12
22859 M & W Sep 17-Nov 19 11 am-12 pm \$36/\$45/\$54
Location: Exercise Room/Cristiano

Chronic Lyme Disease ♥

A tick bite may not be obvious with no symptoms but it could be undiagnosed Lyme Disease. Dr. Robert Mozayeni, will discuss the disease; how it affects many organs and joints to cause fatigue, pain and other systemic problems.

22992 Th Sep 20 1 pm-2 pm Free
Location: Azalea Room

Support for Spanish Speaker

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Thursday each month and will be in Spanish. Presented by Affiliated Sante' Group. Class meets 9/20, 10/25, 11/29, 12/13.

22922 Th (see above) 1 pm-2 pm Free
Location: Azalea Room

Chinese Dance Exercise Plus ♥

This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including T'ai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music.

22862 F Sep 21-Nov 16 1:15 pm-2:15 pm \$6/\$7/\$9
Location: Exercise Room/Kao

Chinese Dance Exercise Plus Inter. ♥

For students who have taken at least one session of Exercise Plus.

22861 F Sep 21-Nov 16 2:15 pm-3:15 pm \$6/\$7/\$9
Location: Exercise Room/Kao

Fitness Club ♥

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Sr. Ctr. member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$30 fitness room fee, payable upon renewal of Center Membership. For Fitness Club Members Only. Mon.-Fri., 8:30 a.m. - 4:50 p.m., Sat., 8:30 a.m. - 12:50 p.m. (Ongoing)

Exercise Machine Training

Learn how to use the exercise equipment and become a Fitness Club member. Register for the month desired and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time you use the Fitness Room. (Ongoing)

22863 M & W Sep 5-Dec 24 8:30 am-4:050 pm \$30
Location: Fitness Room/Klopper

From Heel to Toe ♥

You may have heard of plantar fasciitis, Achilles Tendonitis, neuromas, hammertoes. Many of these conditions are common with aging. Learn what causes them and how they can be treated in this lecture from an orthopedic foot surgeon. He will also discuss some alternatives for arthritic conditions of the feet. Learn how to get back on your feet as soon as possible through medications or surgery.

23020 Th Oct 18 1 pm-2 pm Free
Location: Azalea Room/Hospital

Get Control of Your Diabetes ♥

Dr. Mario Belledonne, a Rockville Internist and Nephrologist (kidney specialist), will discuss six clinical trials he is currently conducting for individuals with diabetes, anemia and renal (kidney) failure. His objective is for all diabetics to get good control of their disease so that renal failure can be prevented.

23057 Tu Sep 25 1 pm-2 pm Free
Location: Azalea Room

Seniors

Indoor Walking Class ♥

Now is a great time to commit to a walking program. Feel better, look better and get healthier. Join this safe and fun indoor walking class that will help increase your circulation, boost your immune system and burn calories too! Walk more than 1 mile indoors each class.

22930 Tu Sep 18-Nov 13 12:25 pm-12:55 pm \$14/\$17/\$21
Location: Exercise Room/Cristiano

Learn the New Medicare Alphabet ♥

A...B...C...D...PPO...HMO...PFS...Medicare D. Get the information you need to make the best health insurance decision for 2008. Presented by the Senior Health Insurance Assistance Program.

23081 Tu Oct 23 1 pm-2 pm Free
Location: Azalea Room

Line Dance - Beginner

Put on your dancin' shoes and join us! Line dances for beginners with progression to intermediate, so you can learn at your own pace. A no-partner activity for men and women.

No class 10/3 & 11/7
22869 W Sep 12-Nov 21 10:10 am-10:55 am \$36/\$41/\$54
Location: Carnation Room/Witte

Line Dance - Mini ♥

Lets keep our feet moving with this fun, easy to follow line dancing class. Continuation of the current fall session.

No class 12/5
22867 W Nov 28-Dec 12 10:10 am-10:55 am \$8/\$10/\$12
Location: Carnation Room/Witte

Line Dance Social ♥

Polish your cowboy boots and get ready to have a rip roarin', foot stompin', good-ole time. No previous experience or partner is necessary. Instructions will be given. Come and enjoy light refreshments and be prepared to have a great time dancing.

22868 Th Sep 20 1 pm-3 pm \$4/\$5/\$6
Location: Carnation Room/Witte

Natural Injury Prevention Therapy ♥

Mr. Raju, a former Olympic Therapist, will demonstrate the proper techniques for stretching and massage to help prevent discomfort and injury. He will discuss the benefits of proper exercise to enhance easier movement for the rest of your life.

23029 W Oct 10 1 pm-2:30 pm Free
Location: Azalea Room

Nutrition Facts & Fiction ♥

Are your plastic water bottles really safe to use? Can pomegranate juice really fight cancer? Should milk products be avoided when you have a cold? Is some sugar OK for diabetics? Confused by conflicting nutrition and diet messages on TV and radio? Nutritionist Melanie Polk, RD will discuss the latest 'urban legends' about nutrition and help you sort out nutrition facts from fiction.

23058 Tu Oct 9 10 am-11:30 am Free
Location: Azalea Room

Personal Trainer ♥

An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for activity, you will be contacted to arrange an appointment time. Prerequisite: Must have been trained on the exercise equipment. Refer to Exercise Machine Training. For Fitness Club Members Only. (Ongoing)

1 - One Hour Session

22872 M & W Sep 5-Dec 24 9 am-4:50 pm \$39

2 - One Hour Sessions

22873 M & W Sep 5-Dec 24 9 am-4:50 pm \$64
Location: Fitness Room/Klopfers

Responsible Use of Medications ♥

Deena Speights-Napata, Associate Maryland Director for AARP, will discuss the responsible use of medications by seniors. She will also have information on the costs of different prescription drugs and will review how to complete the medication record in the 'Medicine's Made Easy' publication.

23055 W Nov 7 1 pm-2 pm Free
Location: Azalea Room

Seniors

Searching Health Websites ♥

Brittany Rice, Suburban Hospital Medical Librarian will show you how to find reliable health information on the Internet. There is so much info available that it is frequently difficult to discern fact from fiction. Ms. Rice will assist you in evaluation reliable information and in navigating the hospital's new website and links. Additionally she will give you some basic tools for searching for information and provide authoritative websites that you can count on.

23022 Th Dec 13 1 pm-2 pm Free
Location: Computer Lab

Senior Ballroom Dance Lessons ♥

Enjoy a great new form of exercise! Come try our fun Ballroom Dance class. Take this easy to follow class and you will have a great time learning the foxtrot, rumba, swing and the merengue.

No class 10/16

22874 Tu Sep 18-Nov 6 10 am-10:45 am \$38/\$47/\$57
23094 Th Sep 20-Nov 8 5:30 pm-6:15 pm \$38/\$47/\$57

Location: Carnation Room/Klansek

Senior Belly-Dance ♥

An expressive, exciting and energetic activity with movements based on ancient dances of North Africa, the Middle East and Mediterranean. A low impact form of exercise that is suitable for all ages and body types. Receive the benefits of improved posture and muscle tone, weight loss and stress reduction.

No class 11/12

22929 M Oct 1-Nov 26 2 pm-3 pm \$28/\$35/\$44
23056 M Oct 1-Nov 26 5:25 pm-6:25 pm \$28/\$35/\$44

Location: Exercise Room/Basane

Senior Cardio Workout ♥

Get your blood pumping and your hips shaking with this aerobic dance class. Enjoy this great cardio workout while exercising using easy to follow dance movements. Set your own pace for a workout without strain.

22933 Th Sep 20-Oct 25 6:20 pm-7:15 pm \$18/\$23/\$27
22934 Sa Sep 22-Oct 27 10 am-11 am \$18/\$23/\$27

Location: Carnation Room/Witte

Senior Fit ♥

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must register and have a signed doctor's certificate. Forms are available in front office. (Ongoing)

No class 9/3 & 11/12

22878 M & W Sep 5-Dec 17 1:30 pm-2:15 pm Free
22879 M & W Sep 5-Dec 17 2:20 pm-3:05 pm Free

Location: Carnation Room/TBA

Senior Pilates - Beginner ♥

This is a gentle class designed for beginners. Learn all of the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this no-impact, mind/body workout using mats. Wear comfortable clothes.

22881 W Sep 26-Nov 21 2 pm-2:45 pm \$46/\$57/\$69

Saturday class only, please bring your own mat.

22932 Sa Sep 22-Oct 27 9 am-9:45 am \$30/\$37/\$45

Location: Carnation Room/Witte

Senior Pilates - Intermediate ♥

Participant should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Wear comfortable clothes.

22882 Tu Sep 18-Nov 13 2 pm-2:45 pm \$48/\$60/\$72

22883 Tu & Th Sep 18-Nov 15 2 pm-2:45 pm \$90/\$112/\$135

Location: Exercise Room/Klopfer

Senior Pilates-Mini Session ♥

A continuation of the current Senior Pilates Fall session. It will consist of six additional classes.

22884 Tu & Th Dec 4-20 2 pm-2:45 pm \$30/\$38/\$47

Location: Exercise Room

Seniors

Senior Self-Defense ♥

Try this great new fitness class designed for seniors. Learn self-defense moves that anyone, no matter what age, size, or physical strength can do to protect him/herself. Useful and helpful safety tips that you can use in your home, out walking, shopping, riding a bus, or elevator. For first time registrants, there is an additional one time fee of \$35 for a uniform.

23077 W Sep 19-Nov 14 5 pm-6 pm \$45/\$56/\$70
Location: Exercise Room/Saleh

Senior T'ai Chi Ch'uan ♥

This program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. For Senior Center Members Only.

22886 Tu & Th Sep 18-Nov 15 10 am-10:50 am Free
22887 Tu & Th Dec 4-20 10 am-10:50 am Free
Location: Exercise Room/Tuanmu

Seniors on the Ball ♥

An exercise class using the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. 'Swiss Balls' will be provided.

22889 Tu & Th Sep 18-Nov 15 9 am-9:45 am \$56/\$70/\$87
Location: Exercise Room/Witte

Soft Aerobics ♥

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain.

22891 Tu & Th Sep 18-Nov 15 11 am-12 pm \$36/\$45/\$54
Location: Carnation Room/Klopfer

Soft Aerobic - Mini Session ♥

This class is a continuation of the current session.

22890 Tu & Th Dec 4-20 11 am-12 pm \$12/\$15/\$19
Location: Carnation Room/Klopfer

Strength Training Basics ♥

This class is designed to emphasize muscle strengthening and toning. You will learn proper technique and body alignment using hand held weights and exercise tubes. Appropriate for Beginners and Intermediates.

22892 Tu Nov 27 2 pm-3 pm \$7/\$8/\$9
Location: Exercise Room/Klopfer



Sugarloaf Mountain Walk ♥

Get those hiking shoes out and explore Sugarloaf Mountain.

Enjoy a beautiful autumn day and see the changing colors of the leaves. Hike with a picnic on the mountain. Bring a bag lunch and beverage. Wear comfortable shoes and clothing.

22893 F Sep 28 9:30 am-2:30 pm \$14/\$17/\$19
Location: Lobby/Cristiano

The New Attitudes ♥

A spin-off group from Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

22899 Th Sep 20-Nov 15 12 pm-12:30 pm Free
Location: Exercise Room/Witte

Tome Control de su Diabetes ♥

El Doctor de Medicina General mario Belledonne, especializado en medicina Interna y Nefrologia (Especialidad en rifones). Esta conduciendo seis diferentes estudios clinicos con pacientes diabeticos. Actulmente el Doctor Belledonne esta realizando un estudio de investigacion para pacientes con diabetes, anemia y problemas renales. El objetivo de este estudio es que los pacientes con diabetis puedan tener un mejor control de su enfermedad y asi prevenir enfermedades futuras como problmeas renales.

23062 Th Sep 27 2 pm-3 pm Free
Location: Azalea Room

Seniors

Toning Table Training ♥

Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. Must be a Senior Center member and a Fitness Club member to use tables. \$30 fee payable when your Senior Center membership is due. (Ongoing)

22900 M, Tu & W Sep 17-Jan 3 10 am-11 am \$8
Location: Fitness Room/Cristiano

Total Conditioning Workout ♥

This strength building, non-cardio fitness class is for both men and women. It offers a workout designed to produce improvement in strength, flexibility and balance using hand held weight, bands and tubes. The workout intensity may be modified to suit any fitness level.

No class 11/12

22901 M Sep 17-Nov 19 10 am-10:45 am \$31/\$38/\$47
Location: Exercise Room/Klopper

Weight Loss Challenge ♥

Whether you have just a few extra pounds or more than a few, let the Senior Center Wellness and Fitness staff assist you in obtaining your healthy lifestyle goals through our new weight loss program. Meet with our Wellness Coordinator and Fitness Specialist on Thursday mornings for your weekly weigh in and counseling on healthier lifestyle choices. At first meeting, Sept. 20, we will discuss program guidelines.

22972 Th Sep 20-Nov 15 10 am-11 am \$30/\$37/\$45
Location: Health Room

Yoga ♥

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

No class 11/14

22902 W & F Sep 19-Nov 21 9:50 am-10:50 am \$80/\$100/\$120
Location: Exercise Room/Figure

Yoga - Mini ♥

This will be a continuation of the current class.

22903 W & F Dec 5-14 9:050 am-10:50 am \$18/\$23/\$29
Location: Exercise Room/Figure

Sports & Leagues

Badminton for Seniors ♥

Come join the fun. All levels welcome. Learn to play or improve your game. Instructor is a National Senior Olympic Gold Medalist. Located at Twinbrook Community Recreation Center which has a wooden floor that has been lined for badminton. Free to Sr. Ctr. members and Rockville residents. (Ongoing)

22854 W & F Sep 19-Jan 4 8:45 am-9:45 am Free/Free/\$10
Location: Gymnasium/Shannon

Bocce Ball Club ♥

Bocce is easy to learn and can be enjoyed at all levels. We have a great court located behind the Senior Center and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. (Ongoing) For members only.

22856 Tu & Th Sep 4-Oct 11 10 am-11 am Free
Location: Bocce Ball Court/Galasso

Game Room Activities - Day ♥

Pool tables, table tennis and dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments will be held. For Senior Center Members only. Mon.-Fri., 8:30 a.m.-4:50 p.m., Sat., 8:30 a.m.-12:50 p.m. Table Tennis available at Twinbrook Community Recreation Center, Wed., 9-10 a.m.

22864 M-Sa Sep 17-Dec 15 8:30 am-4:50 pm Free
Location: Game Room

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.) If any openings become available, we will then go to the waiting list to fill the class.



Seniors

Newcomb Volleyball ♥

Have fun and get fit! Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Come out and play at Twinbrook Community Recreation Center. Free to Sr. Ctr. members and Rockville residents. (Ongoing)

22923 W & F Sep 12-Dec 21 10 am-11 am Free/Free/\$10
Location: Gymnasium/Shannon

Senior Duffers ♥

You still have a few more weeks to play! Come enjoy the rest of the season of golf before winter sets in. Play is arranged at local golf courses. All levels of ability are invited to join. However, this is not a teaching activity. Both 9-hole and 18-hole play are available.

22877 M Sep 10-Oct 22 8 am-1 pm \$5/\$6/\$8
Location: TBA/Sissala

Senior Pool Tournament ♥

Come join us for a friendly Pool Tournament in December at the Rockville Senior Center.

22885 Th Dec 13 10 am-12 pm Free
Location: Game Room/TBA

Senior Tennis - Intermediate ♥

Come join a fun group of intermediate level tennis enthusiasts and play a friendly game or two at Woodley Gardens tennis courts. Not a teaching activity. Must register at the Rockville Senior Center to participate in this activity.

22888 F Sep 14-Oct 19 9 am-10:30 am Free/Free/\$12
Location: Tennis Court #1/TBA

Table Tennis - Intermediate ♥

For those who have had experience playing with a basic knowledge of the rules and scoring. Not only is it fun to play but also aids in dexterity, flexibility, coordination, and reflexes. Paddles and balls available.

22894 W Sep 26-Oct 31 1 pm-1:55 pm \$21/\$26/\$31
Location: Game Room/Shinn

Table Tennis - Beginner ♥

For those who have had little or no experience playing table tennis. Learn techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

22895 M Sep 24-Oct 29 12:45 pm-1:45 pm \$21/\$26/\$32
Location: Carnation Room/TBA

Table Tennis Tournament ♥

There has been an increased interest in table tennis. Let's all get together in December and have a friendly competition. Prizes will be awarded. Must be a Senior Center Member.

22896 Th Dec 6 10 am-12 pm Free
Location: Carnation Room/Cristiano

Ten Pin Rockin' Rollers ♥

When was the last time someone cheered for you? Have a ball with this social league. New members welcome. Weekly \$5.50 fee, payable directly to Shady Grove Fairlanes (15720 Shady Grove Rd.) day of play and includes three games and shoe rental. (Ongoing)

22897 Th Sep 13-Dec 27 1 pm-3 pm Free
Location: Bowling Alley/Jaques

Ten Pin Rockin' Rollers Tournament ♥

Come join us for a friendly bowling tournament in December at Shady Grove Fairlane Bowling Alley. \$5.50 fee payable directly to Shady Grove Fairlanes day of the tournament. All senior are invited to play. Must register at the Rockville Senior Ctr.

22898 Th Dec 13 1 pm-4 pm Free
Location: Bowling Alley/Jaques

To Move or To Stay?

Are you considering giving up your home?
Should you adapt your home to meet your needs?

What choice is right for you?

Outstanding speakers plus English Tea

Thurs., Nov. 8, 12:30 – 4:00 pm

Free

To register call 240-314-8810

Seniors

Trips

Registration procedure for all trips: An in-person lottery registration will be held on Monday, August 20 at the Senior Center. Interested member and city residents may draw lottery numbers from 10:15 -10:30 a.m. with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register as of Monday, August 27. Individuals may register for themselves and one other person. Fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

Tarara Winery - Tour and Tasting

We'll travel to Leesburg, Va for a tour and tasting of award-winning wines in the Winemaker's cave at Tarara and then enjoy a box lunch made especially for us. Take in the scenery along the Potomac River and enjoy the day on the other side of the river. Trip includes transportation, leadership, tour tasting, and lunch.

23054 Tu Sep 11 9 am-3 pm \$56/\$70/\$88
Depart From: Glenview Mansion

Fall Mystery Trip

Here we go again - but the question is WHERE???? Join us for another adventure to _____. Trust us to make sure you have lots of laughs, lots of lunch and lots of fun. Trip includes leadership, lunch, transportation and surprises.

22631 M Oct 15 9 am-4 pm \$57/\$71/\$89
Depart From: Glenview Mansion

My Fair Lady

Lerner & Loewe's legendary musical, 'My Fair Lady' premieres in the US following its 50th Anniversary London production. We are fortunate to have orchestra seats to the best show in town! One of Broadway's most beloved scores includes 'The Rain In Spain,' 'I Could Have Danced All Night' and 'Get Me to the Church On Time.' Trip includes leadership, transportation and orchestra seat at the hippodrome theatre.

22995 Th Nov 8 5 pm-11:30 pm \$95/\$119/\$149
Depart From: Glenview Mansion

Christmas In the Country

Poised atop scenic, historic Turner's Gap, the Old South Mountain Inn, founded in 1732 and decorated beautifully for the holidays will be our fine dining stop for the evening. After dinner we will travel to Seneca Creek State Park for the Winter Lights Festival, an illuminated drive with 380 displays and 65 animated vignettes. This trip to the country will be the perfect beginning to the holidays. Trip includes dinner, leadership, admission and transportation.

23052 Th Dec 6 3:30 pm-8:30 pm \$55/\$69/\$86
Depart From: Glenview Mansion

Allenberry Holiday Show

The Pennsylvania countryside will glow with the warmth of the upcoming holiday season as we travel first to Ashcombe Market and then to Allenberry Playhouse and Inn. For over 50 years Allenberry has been producing professional theatre and this musical, 'Santas Favorite Gift' will be no different. Enjoy the bountiful buffet lunch and theatre at its best. Trip includes leadership, lunch, show & transportation.

22632 Tu Dec 11 8 am-6:30 pm \$83/\$104/\$130
Depart From: Glenview Mansion



Showcase your talent!!

**Rockville Senior
Center Dance Expo**

**November 1
1-3:30 pm**

Group of 10 or more performers - \$8
Group of 5-9 performers - \$6
Group less than 4 - \$5

For additional information
contact Chris Klopfer - 240-314-8822
or Gaile Witte - 240-314-8826